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**ART OF COACHING PODCAST™ EPISODE 325:**  
**BATTLING INNER DEMONS - HOW TO WORK OUT OF A CREATIVE FUNK**

What in your life are you struggling with? It could be a project at work, starting a new business, or even a strained relationship. Describe it. Are others involved? Where is the sticking point?

What strategies have you tried to get out of the rut? Has anything seemed to work in gaining back momentum? If not, list what hasn't worked.

List 3 things you could do to take a step back and get a fresh perspective on the problem and find some new inroads toward a solution.



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How could knowing your audience be an effective strategy for getting out of a funk? We did an episode entirely dedicated to that subject, you can listen [here](#).

What role does self doubt play in your situation? How would things be different if these self limiting beliefs were nonexistent? What can you do to remove this obstacle or keep it from impeding your progress?

Map out your plan to turn the tables on the scenario you're stuck in. Write out a few different things you can do to gain some new insights into your problem, what key fact about your audience you could be overlooking, and one way you can get out of your own way.



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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